



## **Antipasto Platter**

**Janella Purcell 09/02/10**

Serves 4

### **Ingredients**

#### **Moroccan Paste**

1½ cups tomato puree  
½ cup fresh orange juice  
½ cup fresh lemon juice  
½ cup tamari, low sodium (wheat free soy sauce)  
4 cloves garlic  
¼ cup raw honey  
½ tsp chilli flakes  
1 tsp coriander powder  
1 tsp fennel seeds, ground  
½ tsp cinnamon  
2 tsp cumin, ground  
2 tsp grated ginger  
1 tbsp balsamic vinegar

#### **Beetroot Dip**

2 large, fresh beetroot or 3 small  
1 tbsp hulled Tahini  
2 tbsp lemon Juice  
1 garlic clove, crushed  
1-2 tsp Sea salt  
1 tsp cumin, ground

#### **Tamari Seeds**

⅓ cup sunflower seeds  
⅓ cup sesame seeds  
⅓ cup pepitas  
1 tbsp tamari, low sodium

#### **Vegetables/Tempeh**

4 portobello mushrooms  
2 zucchinis, cut in half lengthways  
8 asparagus spears  
2 corn cobs  
1 eggplant, cut into 1cm slices  
Tempeh, cut into fingers

**To finish**

1 can chick peas, low sodium  
1 tbsp preserved lemon, finely sliced  
1 cup goats feta, roughly cubed  
½ cup parsley, finely chopped  
1 cup olives (your choice of kalamata, green, mixed, marinated etc)

**Method****To Make Moroccan Paste:**

Place all ingredients in a blender and process until smooth. This will make about 2 cups, so store in an airtight container what you don't use.

**To make beetroot dip:**

Scrub the beetroot clean then put in a deep pot covered with water. Bring to the boil then let simmer until the beets are soft, about 30 minutes. (You'll know they're soft when you can get a skewer all the way through, like a potato.) Cool slightly.

Roughly chop then puree with the remaining ingredients. Put in a small bowl in the centre of a large platter.

**To prepare Tamari seeds:**

Put the seeds in a pan and cook them gently over a low heat, stirring occasionally until golden brown. They will start to pop. Turn off the heat and stir through the tamari. Cool slightly then put in a small bowl.

**To prepare vegetables/tempeh:**

Place all the veggies and tempeh on a large platter and drown with some Moroccan paste. Leave to marinate for at least 5 minutes, then drain off any excess before cooking. Place on a hot grill and cook until each is soft and char-grilled, or to your liking. Turn often and brush with more marinade regularly.

Place the veggies and tempeh on a large platter with the Beetroot Dip and Tamari Seeds.

**To Finish**

Stir the preserved lemon through the chick peas and add these to the platter. Finally stir the parsley through the feta and place this also on the platter with the olives. Voila!